

**Registration:
Thursday, Aug. 23 – Friday, Aug. 31**

Rez Fitness Challenge 2012

"PRIVATE!"

*It's time to
lose that weight
and feel great!"*



Who can participate?

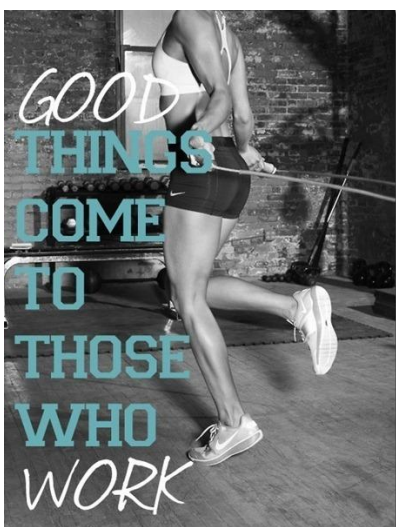
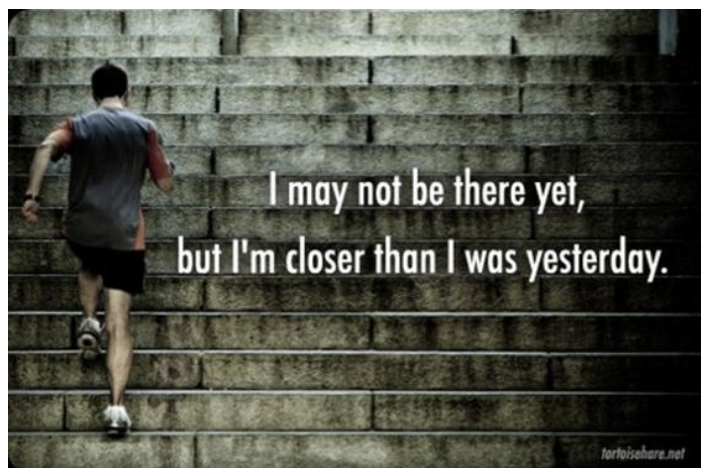
Community Members & Family, Residents of Salt River and Tribal & Enterprise Employees regardless of their current level of physical activity.

What does a participant need to do?

- Register at the Salt River Fitness Center. *Please fill out our Health History Form if it has been over a year and you currently do not have one on file at the Diabetes Program's Fitness Center. This must be done prior to using our facility and participate in this program.*
- Pre-measurements: **Weight & Abdominal – belly button area**
- **START TRACKING SUNDAY, SEPTEMBER 2 TO NOVEMBER 10, 2012**
- **Tracking Sheet will be available Friday, August 31. Staff will email out & hard copy will be available at Salt River Fitness Center.**
- You will track your physical activity on the log sheet. Report your minutes & days every week at the Salt River Fitness Center on **Wednesday or Thursday**. Start reporting minutes & days on September 12th.

What type of activity is permitted on the challenge?

- Participants will engage in **aerobic activities** which are defined as "any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature." It is a type of exercise that overloads the heart and lungs and causes them to work harder than at rest. The important idea behind aerobic exercise today, is to get up and get moving!! There are more activities than ever to choose from, whether it is a new activity or an old one. Find something you enjoy doing that keeps your heart rate elevated for a continuous time period and get moving to a healthier life. (ACSM)
- Participant may also log **Resistance/Weight training, Yoga & Pilates** sessions.
- Participants must participate in **at least 3 days of 20 minute physical activity.** You are not limited to one workout session in a day.



How does a participant qualify for incentives?

Participants must do final measurements and turning in their Goal & Personal Activity log sheet (minutes & days) to the Diabetes Program Fitness Center to qualify for our program incentive.

FINAL Measurements: November 13, 14 or 15 (only)

Additional incentive to:

- ❖ Individual with the most minutes of exercise.
- ❖ Individual with the most exercise days.
- ❖ Individual with the most inches loss in abdominal area.
- ❖ Individual with the most weight loss.

Be patient with the Fitness Staff it will take us several days or few weeks to review tracking sheets. Fitness Staff will notify all participants who completed the program once they finalize the totals.

Questions call: Rachel Seepie 480-362-7320